**Philadelphia Express Cross Country**

**Records**

All Divisions

|  |  |  |  |  |  |  |
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| DIST | DIVISION | ATHLETE | CLUB | RECORD | DATE SET | COURSE |
| 1.5mi. | 8 & Under Girls | Terri Turner | United Stars T.C. | 9:15 |  10/20/2007 | Belmont Plateau(1.5mi) |
| 1.5mi | 8 & Under Boys | Elliott Rhodes | Mallery T.C. | 8:46 | 10/18/1997 | Belmont Plateau(1.5mi) |
| 3km | 9 & 10 Girls | Terri Turner | United Stars T.C. | 11:58 | 10/11/2008 | Belmont Plateau(3km) |
| 3km | 9 & 10 Boys | Nathaniel Viands | AOC-Ambler Olympic Club | 11:11 |  10/12/2019 | Belmont Plateau(3km) |
| 3km | 11 & 12 Girls | Emery Sutton | AOC-Ambler Olympic Club | 11:36 | 10/19/2024 | Belmont Plateau(3km) |
| 3km | 11 & 12 Boys | Nathaniel Viands  | AOC-AmblerOlympic Club | 10:29 | 9/24/2022 | Belmont Plateau(3km) |
| 4km | 13 & 14 Girls | Virginia Kraus | AOC-Ambler Olympic Club | 13:59 | 10/30/2021 | Belmont Plateau(4km) |
| 4km | 13 & 14 Boys | Ryan Duffy | Duffsters-Unattached  | 12:39 | 10/29/2022 | Belmont Plateau(4km) |
| 5km | High School Girls | Stacey Holmes | Mallery T.C. | 16:37 | 10/18/1997 | Belmont Plateau(5km) |
| 5km | High School Boys | Harold Lamour | Juventus T.C. | 16:31 | 10/13/2007 | Belmont Plateau(5km) |
| 5km | Open Women | Donna Palisca | Greater Philly Olympic Club | 19:49 | 10/25/2014 | Belmont Plateau(5km) |
| 5mi | Open Men  | Troy Lee | Kenyan Runners | 24:00 | 9/11/1993 | Belmont Plateau(5mi) |